



# The Journal

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September 1, 2016

## Model Program Aims to Prevent Effects of Trauma on Children and Families of Patients

By Sharon Renee Taylor, staff writer  
WRNMMC Public Affairs

Families of service members with traumatic injuries, wounds or long-term illness may not anticipate all they will face when rushing to meet their loved one admitted as an inpatient. When difficulties arise, some families must search for help, but a preventive care program called Operation BRAVE Families (OBF) at Walter Reed National Military Medical Center (WRNMMC) offers a proactive hand before troubles appear.

A 2013 literature review published in Military Medicine said the impact of traumatic injuries and wounds on the warrior family are often devastating. Families have little time to prepare for sudden combat injuries, and decisions are made at a time of crisis, uncertainty and intense emotional distress. Combat injuries, such as amputation and post-traumatic stress disorder (PTSD), affect complex developmental needs of children.

Retired Army Col. (Dr.) Ryo Sook Chun, a child and adolescent psychiatrist at WRNMMC, serves as director of OBF, also known as Operation Building Resilience and Valuing Empowered Families. She explained the collaborative program began in 2001, soon after 9/11.

"We had a family assistance center right next to the Pentagon to assist the families and children of the deceased, [as well as] those directly impacted by 9/11," she said.

The Child and Adolescent Psychiatry Service developed the working partnership with families of wounded warrior parents from the war in Iraq and Afghanistan.

"After 2003, when we started having a large number of injured service members, their children and families arrived to [the former



WRNMMC PUBLIC AFFAIRS PHOTO

**Operation BRAVE Families (Operation Building Resilience and Valuing Empowered Families) at Walter Reed National Military Medical Center (WRNMMC) offers families of service members with traumatic injuries, wounds or long-term illness support during their family members recovery at WRNMMC.**

Walter Reed Army Medical Center] and they needed the [psychological] service," which was the main issue, she explained.

Families were uprooted from where they had been living for some time. Children were pulled away from their schools and friends, the second reason for developing OBF, Chun said.

"They were all trying to carry on their daily life [without] knowing what's happening to their loved one who is injured. So OBF reached out

to their children and families as a team, and became part of their medical care," Chun said.

As a part of the injured service member's care team, OBF receives information about who arrives at the hospital, and whether they have children, how many, and whether or not the children were at WRNMMC with the parent.

"We're able to get connected with those children who are for instance, in Hawaii or Alaska, and we're able to assist the [hospitalized] parent

to maintain contact with those children," Chun said. "We contact the schools [and] contact the local resources so the children will be supported."

The collaborative, non-traditional behavioral health service joins the teams of other specialty care clinics to work with both patients and their families. For example, when a child has an illness, the child may receive

# Construction Update #5 - Parking Garage



U.S. NAVY PHOTO BY MC3 WILLIAM PHILLIPS

*Editor's note: This is the fifth in an ongoing series of articles that are published on this page in the first issue of The Journal each month and provide updates on construction projects occurring on Naval Support Activity Bethesda (NSAB).*

*Construction upgrades at Walter Reed National Military Medical Center (WRNMMC) and NSAB began in late 2015 and are expected to continue for the next 7 to 10 years.*

*Here you'll find useful information ranging from project announcements and updates to road closures and detours; impacts to pedestrians, vehicles and facilities; and stories and news about the diverse team of professionals who*

*make these projects.*

Construction continues on a multi-level, 650-space parking garage on NSAB, with the demolition of the H lot Aug. 19 and work on the new foundation starting Sept. 1.

The garage, currently known as the P-116 project, is being built on Stokes Road between the Child Development Centers (CDC) and the Navy Lodge. Those buildings will be accessible during construction, but detours may be necessary during the duration of the construction. Traffic is one-way in front of the CDC with a re-route to Grier Road.

This garage will feature smart parking, which will indicate space availability via red or green lights,

as well as wider spaces and easier vehicle access. The project has an expected completion date in spring 2017.

Please follow all construction signs and instructions from flaggers. Pedestrians should use designated crosswalks and steer clear of construction zones. Drivers are asked to follow all detours and refrain from making illegal maneuvers, such as U-turns.

We ask for your understanding, cooperation and patience as we work through these construction projects and try to minimize impacts to patients, staff and visitors. Please check back here next month for more construction updates.

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## Bethesda Notebook

### Birth Month Training

Birth Month Training is required for all Walter Reed National Military Medical Center staff members. September training is on Sept. 2 from 8 to 11 a.m. and noon to 3:30 p.m. in Clark Auditorium in Bldg. 10; Sept. 8 at 8 a.m. in Clark Auditorium; and Sept. 22 at 8 a.m. in Memorial Auditorium.

### TeamSTEPP Training

A two-day train-the-trainer course for TeamSTEPPS is scheduled for Sept. 8-9 from 8 a.m. to 4:30 p.m. in the Heroes Zone, Bldg. 4, fourth floor, room 4027. TeamSTEPP is designed to improve patient outcomes by improving communication and teamwork skills. To register or for more information, contact Hospital Education and Training (HEAT) at classregistration@health.mil, or at 301-319-5209.

### Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda will be closed for regional training Sept. 8.

FFSC offers programs intended to assist service members and their families with military life. FFSC's workshops and seminars include: job search strategies for military spouses; federal resume writing; time management; credit management; consumer financial awareness; interview skills; pre-deployment briefings; return and reunion briefings; and more. For more information, call 301-319-4087, or visit FFSC in Bldg. 11, first floor.

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# NSAB Highlights Resources, Provides Training During Suicide Prevention Month

By Andrew Damstedt, staff writer  
NSAB Public Affairs

While suicide prevention is a yearlong effort, the U.S. Department of Defense (DOD) designates September as Suicide Prevention Month to promote awareness of resources available and provide suicide prevention training.

"Suicide is real and it's present and sometimes people don't want to talk about that," said Religious Program Specialist 2nd Class Mauricio Melo. "We have to be aware that it's present and know how to help people that are in a situation that are thinking about that. Suicide Prevention Month is about giving people the resources and knowing that they're not alone."

Throughout the month, outreach tables will be set up at various locations aboard Naval Support Activity Bethesda (NSAB) providing information on suicide prevention resources and anyone can sign up for an Applied Suicide Intervention Skills Training (ASIST) on Sept. 26-27 from 8 a.m. to 4 p.m. in Bldg. 17. This bi-monthly training is open to everyone and goes over specific skills to identify those at risk and how to better care for those having thoughts of suicide.

"One of the great things about ASIST is that it teaches you how to talk to someone who may or may not be having problems," said Anna Rhodes, Fleet and Family Support Center (FFSC) education services facilitator. "When we offer ASIST, everybody that comes out says 'Oh, my gosh, I wish I would have taken this earlier because now I know what to look for.' ASIST really just dives into what to look for and this is how we go about working through that process."

To register for ASIST training, call Rhodes at 301-319-2846 or email anna.j.rhodes.civ@mail.mil.

"Suicide prevention is important to talk about every month, but we also like to bring awareness and we want to make sure people understand that it's okay to come and talk about it," Rhodes said. "We don't want the stigma to continue to be there, we want to make sure people understand that it's okay to be able to discuss what is going on."

The Defense Suicide Prevention Office reports that for the first three months of 2016 there were 58 deaths by suicide in the active component; 18, reserves; and 34, National Guard. In 2015, the DOD reported 266 suicides, active duty; 212, reserves; and 124, National Guard.

Warning signs of someone who is contemplating suicide can be a change in behavior over time, poor work performance, giving away possessions, relationship problems, financial problems, work-related stress, Rhodes said.

"Or a comment where they say 'Oh it would be better off if I'm not here,'" Melo said.

Other warning signs, as listed on the Veterans Crisis Line website, [www.veteranscrisisline.net](http://www.veteranscrisisline.net), include showing signs of depression; withdrawing from friends, family and society; losing interest in hobbies, work, school or other things one used to care about; anxiety or low self-esteem, such as frequent and dramatic



COURTESY GRAPHIC

mood changes; feelings of failure or decreased performance; talk about feeling trapped like there is no way out of situation or there's no solution to their problems, among others. For a veteran or service member showing any of those signs, they can call the Military Crisis Line at 1-800-273-8255 (press 1), text 838255, or visit [www.militarycrisisline.net](http://www.militarycrisisline.net) for a confidential online chat.

There are several people aboard NSAB that are available to talk to about suicide prevention, and where to get counseling resources, including FFSC at 301-319-4087; Walter Reed National Military Medical Center (WRNMMC) Behavioral Health, 301-295-0500; WRNMMC Department of Pastoral Care offices, 301-295-1510; NSAB Religious Ministries office, 301-319-5058; Uniformed Services University of the Health Sciences (USU) Family Health Clinic, 301-295-3630; or going to the WRNMMC Emergency Room.

Outreach tables will be set up on Sept. 6 at Bldg. 17, 10:30 a.m. to 1:30 p.m.; Sept. 7 and

Sept. 21, Navy Lodge, 6 a.m. to 9 a.m.; Sept. 9 and Sept. 23, Navy Exchange, 10 a.m. to 2 p.m.; Sept. 12 and Sept. 26, USU, 10:30 a.m. to 1:30 p.m.; Sept. 14 and Sept. 28, Navy Gateway Inns and Suites, 8 a.m. to 10 a.m.; Sept. 19, Bldg. 19, 10 a.m. to 2 p.m.; and Sept. 29, Main Street, 10 a.m. to 2 p.m.

The U.S. Navy's suicide prevention campaign "Every Sailor, Every Day," launched in 2014 and started the 1 Small Act campaign in 2015, which will be continued this year to encourage simple actions to make a difference in peer, family and command levels. This year, the campaign will also focus on individual coping skills such as promoting self-care and healthy behaviors like restful sleep.

The Navy's suicide training emphasizes "Ask. Care. Treat," which is a call-to-action to encourage early intervention.

For more information on resources visit the Navy and Marine Corps Public Health Center website, <http://go.usa.gov/xW5nm>, or [www.mentalhealth.gov](http://www.mentalhealth.gov).

# Walter Reed Bethesda Celebrates Women's Equality Day

**By Bernard S. Little, staff writer  
WRNMMC Public Affairs**

Women's Equality Day is not only about celebrating the passage of the 19th Amendment, which granted women in the United States the right to vote, but the commemoration is also about observing the legacy of women and their quest for equality, according to Command Sgt. Maj. Michelle Jones.

Jones, the senior enlisted leader for the U.S. Army Element-North, Regional Health Command Atlantic (Provisional), was guest speaker at Walter Reed National Military Medical Center's (WRNMMC) Women's Equality Day celebration on Aug. 26 in the America Building at the medical center.

"Women have been at the forefront of every major movement in history, and it's only fitting that this day is commemorated, celebrated and reflected upon," said Jones. "We must not only focus on the 19th Amendment, but we should also acknowledge the many advances women continue to make toward equality."

"As far back as the Revolutionary War, women have served this country and continue to make history, break barriers, or as first lady Michelle Obama stated, 'Put cracks in the highest, hardest glass ceilings,'" Jones continued.

"In the Army, women now serve in combat arms jobs, and [we] recently celebrated women who have earned the elusive Ranger tab," said Jones.

She also acknowledged other recent achievements by women in the military, including the promotion of Adm. Michelle Howard, which made her the first woman to wear four stars in the U.S. Navy, and the assignment of Air Force four-star Gen. Lori Robinson as the first female combatant commander. The U.S. Marine Corps have also made advances, and now has females as field artillery officers, Jones added.

Reflecting on the past, Jones said the accomplishments of women today would not have been possible without "those who paved the way for us to stand here. They are the mothers of our grandmothers; our own mothers; our daughters; our aunts; our sisters; our cousins. The many sacrifices and tears shed over the multitudes of inequalities in the past should not be forgotten.

"It is imperative we do not become complacent in the normalcy of today, and we need to continue to push toward equality in all aspects of our lives," Jones continued. "The struggle is not over. There continues to be inequality in society, and we



WRNMMC PUBLIC AFFAIRS PHOTO

**Command Sgt. Maj. Michelle Jones, the senior enlisted leader for the U.S. Army Element-North, Regional Health Command Atlantic, was the guest speaker at Walter Reed National Military Medical Center's Women's Equality Day celebration Aug. 26.**

have a long way to go. It is going to take each person in our society to recognize and accept the challenge to close the gap and change the mindset of what was yesterday so that we may continue to build upon the foundation set by our predecessors."

Jones challenged people to "stand up for what is, and should be right in society; take advantage of the opportunities afforded to us, such as the right to vote, speak up and be heard; push for greatness in all you do; and support each other."

In his presidential proclamation for Women's Equality Day 2016, President Barack Obama stated, "Nearly one century ago, with boundless courage and relentless commitment, dedicated women who had marched, advocated, and

organized for the right to cast a vote finally saw their efforts rewarded on August 26, 1920, when the 19th Amendment was certified and the right to vote was secured. In the decades that followed, that precious right has bolstered generations of women and empowered them to stand up, speak out, and steer the country they love in a more equal direction.

"Today, as we celebrate the anniversary of this hard-won achievement and pay tribute to the trailblazers and suffragists who moved us closer to a more just and prosperous future, we resolve to protect this constitutional right and pledge to continue fighting for equality for women and girls," said Obama.

"No woman should earn less

than a man for doing the same job — equal pay for equal work should be a fundamental principle of our economy and our democracy," Obama stated. "We must continue striving for fairness and opportunity when it comes to improving workplace policies, because we know that when women succeed, our economy and our country succeed."

Also during the celebration of Women's Equality Day, singer and instrumentalist Maureen Andary performed.

The Walter Reed Bethesda Multicultural Committee hosted the observance. For more information about the committee and its activities, call Hospital Corpsman Travis Silvey, the committee's president, at 301-295-2429.

# 5 Things You Need to Know about Sea Shore Flow

**By Chief of Naval Personnel  
Public Affairs**

The Navy updated Sea Shore Flow (SSF) Enlisted Career Paths with the release of NAVADMIN 190/16 Aug. 25.

Here are five things you need to know about SSF and tour length updates just announced:

1. 42 ratings will not be impacted, 13 ratings will require more sea time, and 15 ratings will require less sea time. Depending on how many sea tours you have completed additional sea duty may be required. Overall, 84,500 Sailors will be impacted. 25 ratings are classified as sea-intensive. Sailors in nuclear power trained ratings are not affected by this NAVADMIN.

2. No two ratings are alike. Each rating is assigned an enlisted career path based on the number of sea duty and shore duty billets the rating has, how long initial training takes, and expected retention within the rating. Why this matters to you: The more sea duty billets and/or the fewer shore duty billets in your rating, the longer sea tour lengths are in order to ensure the Fleet is properly manned.

3. Tour length changes as we



U.S. NAVY PHOTO BY MC2 ANDREW SCHNEIDER

**Sailors heave line aboard the Ticonderoga-class guided-missile cruiser USS Chancellorsville (CG 62) to depart Fleet Activities Yokosuka as a precaution for tropical storm Mindulle.**

modernize the Fleet. Platforms change and so does the work requirement and skill sets needed to man the Fleet. With these force structure changes come billet changes and therefore tour length changes.

4. Projected Rotation Dates

(PRDs) within 12 months of the NAVADMIN's release will not automatically be changed. Sailors who have current PRDs within 12 months of the release of this NAVADMIN will not have their PRDs adjusted, unless requested by the Sailor (via 1306) or the unit's

Commanding Officer (based on unit readiness needs). Sailors with PRDs outside that 12 month window can expect their PRD will be adjusted to match the new tour length shown in the NAVADMIN. A Sailor's actual rotation dates can vary from their projected rotation date by up to six months. Due to a higher than normal accession mission in 2013, rotation dates for Sailors may have to slide up to six months to ensure the Fleet is properly manned.

5. There are other changes impacting specific ratings.

- AW ratings tour lengths are broken out separately with decreased time on sea duty.

- IT rating now has Sea/Shore rotation. MA rating has additional dependent restricted tour requirements.

- Nuclear power ratings are not impacted by this NAVADMIN. Refer to NAVADMIN 284/15 for specific nuclear rating career path information.

For more news from Chief of Naval Personnel, visit <http://www.navy.mil/local/cnp/>.

For more information, visit [www.navy.mil](http://www.navy.mil), [www.facebook.com/usnavy](http://www.facebook.com/usnavy), or [www.twitter.com/usnavy](http://www.twitter.com/usnavy).



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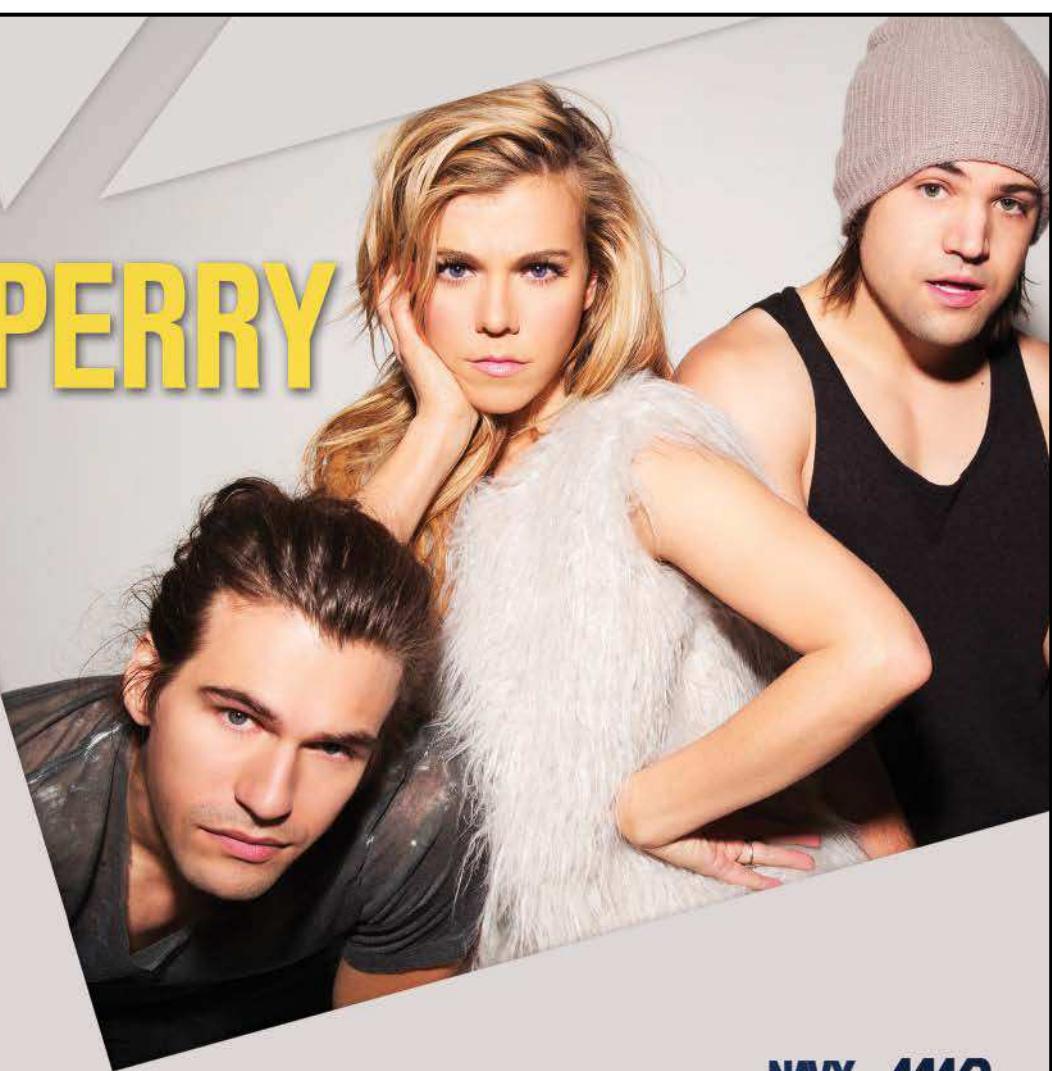
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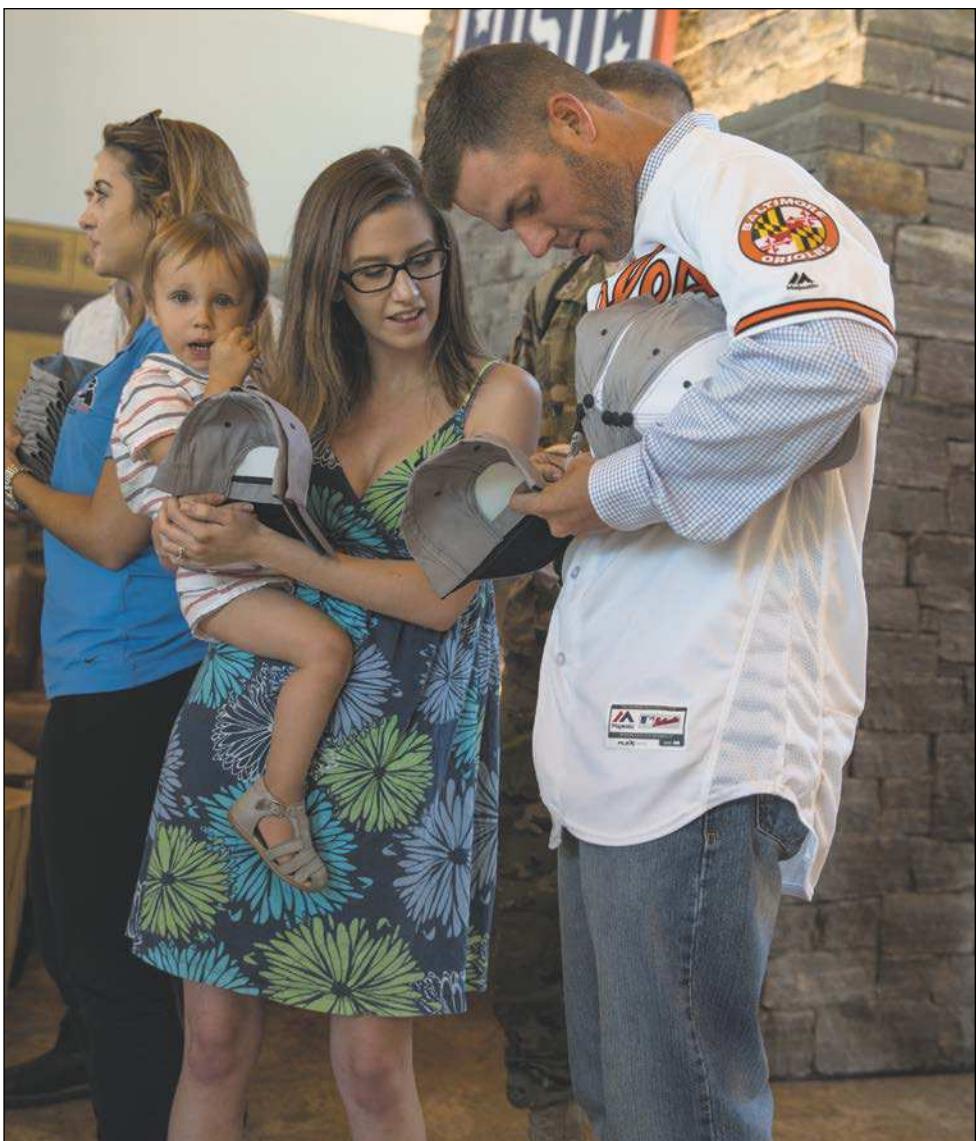




# Baltimore Orioles Visit USO

**Photos by MC3 William Phillips**

The Baltimore Orioles visited the USO Warrior and Family Center at Bethesda aboard Naval Support Activity Bethesda. The players and coach met with service members and their families, and a lunch of hamburgers and hotdogs was provided by the Maryland Patriot Guard.



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## This Week in History Sept. 1-7

**Sept. 1, 1939**

WW II starts, Germany invades Poland, takes Danzig

**Sept. 2, 2013**

Swimmer Diana Nyad makes history, becoming the first person to swim from Cuba to Florida without a shark cage

**Sept. 3, 1940**

First showing of color TV

**Sept. 4, 1950**

The first helicopter rescue of American pilot behind enemy lines

**Sept. 5, 1991**

Nelson Mandela is chosen president of South African African National Congress

**Sept. 6, 1716**

The first lighthouse in the United States was built in Boston

**Sept. 7, 1903**

Federation of American Motorcyclists organized in New York



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# TRAUMA

From  
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treatment in pediatric oncology.

"We are an outreach, preventive program that provides different levels of service: from preventive service to the treatment, along with the follow-up care. Another important part is that we are a one-stop-shop that connects the family to the resources in the community or in the hospital," she explained.

"First of all, we have different levels of care, so we will do more outreach and help stabilize education for the child and family, [as well as] provide psychiatric and psychological assessment. We'll help the child's specific symptoms—nightmares, sleep problems, or behavior problems at school—we'll address those," Chun said.

According to Chun, the program is very inclusive, working with not only immediate family but cousins and other extended family members.

"When they come in, we'll include them in our interviews and educations," she said.

Comprised of an interdisciplinary team, Chun takes the lead of the group that also includes a psychologist and social workers who are dedicated to continue to work with the family as long as they are reachable.

"Some of the families we follow used to live here on [the WRNMMC medical] campus, now they're in the community and we stay connected," Chun said, but it's the family's choice whether they want this or not.

Now, mostly kids whose parents have traumatic



WRNMMC PUBLIC AFFAIRS PHOTO

**Operation BRAVE Families at Walter Reed National Military Medical Center offers families of service members with traumatic injuries, wounds or long-term illness support during their family members recovery at WRNMMC.**

or terminal illness are seen now, with a slowdown of traumatic injury from the battlefield, she said. Operation Brave Family takes a different approach in the case of traumatic illness than a case of war trauma/injury.

"Patients with illnesses like terminal cancer are referred to OBF so when they do reunite with their spouse and children, we will see the child and family as more of a psychological first-aid aspect," Chun explained. "Then we will make the assessment, [and] meet the child's needs."

She said OBF works with other departments in the medical center including physical medicine and rehabilitation, occupational therapy, orthopedics, the department of behavioral health, warrior clinic, obstetrics and gynecology as well as the surgical intensive care unit.

"We may have gotten involved with that family because another arm of our service is collaborative care. Collaborative care is that piece that [works with families] that are dealing with severe injuries and illness, whether the family needs the service, or not, the family was dealing with this severe illness. We get them through referral," the pediatric psychiatrist explained.

Chun said OBF makes those families aware that the collaborative care program is available to help them, but the program doesn't go to the family's home.

"We make them aware of the service that they can receive but they have to come to our clinic for that," Chun said.

A broad range of services include therapeutic art and play sessions, psychoeducation, individual and family therapies, school-related services, assistance in case management and referrals as needed.

Families involved with OBF during the inpatient stay of their loved one have the option to continue working with the program; some remain nearby. The pediatric psychologist said some are seen for three or four years—as long as the family accepts the service.

"We don't have any families who've stayed with us since 2003 but they come and go, so sometimes they come back but many of the families move back to where they're from," Chun explained. "When the service member comes back for a follow-up visit or second treatment, then sometimes the kids come along."

For more information about OBF, contact WRNMMC pediatric behavioral health at 301-295-0576.

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